



Makes about 8 (4-inch) pancakes
Cook Time: 30 minutes

INGREDIENTS:

1 tablespoon flaxseed meal
1¼ cups buckwheat flour
¼ cup old-fashioned rolled oats
2 tablespoons unsweetened coconut flakes
1 tablespoon baking powder
Pinch of sea salt
1 cup unsweetened, unflavored plant milk
½ cup unsweetened applesauce
¼ cup pure maple syrup
1 teaspoon pure vanilla extract
⅓ cup grain-sweetened, vegan mini chocolate chips
Sliced bananas, for serving

Chocolate Chip Coconut Pancakes

These pancakes are so simple and delicious, and they're just as good for dessert as they are for breakfast! Plus, they freeze really well, so you can make an extra batch and freeze them. Use a large griddle so that you can cook three or four at a time.

From **Forks Over Knives Family**

<https://www.youtube.com/watch?v=FKXeCpQEmnE>

By Darshana Thacker Wendel

- 1 Place the flaxseed meal in a small saucepan with ½ cup water. Cook over medium heat until the mixture gets a little sticky and appears stringy when it drips off a spoon, 3 to 4 minutes. Immediately strain the mixture into a glass measuring cup and set aside. Discard the seeds.
- 2 In a large bowl, whisk together the buckwheat flour, oats, coconut flakes, baking powder, and salt.
- 3 In a medium bowl, whisk together the milk, applesauce, maple syrup, vanilla, and 2 tablespoons of the reserved flax water.
- 4 Add the liquid mixture to the dry mix and stir together to blend; the batter will be thick. Stir in the chocolate chips.
- 5 Heat a nonstick griddle over medium-low heat. Pour ⅓ cup batter for each pancake onto the griddle and spread gently. Cook for 6 to 8 minutes, until the pancakes look slightly dry on top, are lightly browned on the bottom, and release easily from the pan. Flip and cook for about 5 minutes on the other side.
- 6 Repeat for the remaining batter, wiping off the griddle between batches. Serve hot with sliced bananas.

Storage: Place cooked pancakes in an airtight container and refrigerate for up to 5 days or frozen for up to 1 month. Reheat pancakes in a 350°F oven for 15 minutes for refrigerated pancakes and 25 minutes if frozen.